

Slow-roasted duck legs in lard

Cuisine: **Czech**

Food category: **Poultry**



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Company: **Retigo**



Program steps

1 Combination 90 % Termination by time 12:00 hh:mm 82 °C 50 %

Ingredients - number of portions - 10

Name	Value	Unit
duck legs	2.5	kg
salt	0.03	kg
caraway seeds	0.02	kg
apples	0.25	kg
onion	0.25	kg
dry red wine	0.15	l
garlic	100	g
pork lard	1200	g

Directions

Salt and pepper the cleaned duck legs (or quarters), place in a GN 100 mm high. Depending on the taste, we can also add apples, onions, garlic, cover with water and red wine and slowly bake in a convection oven.

Then pour off the lard and the pastry and bake until golden brown with a crust.

Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, Cholin, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	1983.8 kJ
Carbohydrate	8.7 g
Fat	199.3 g
Protein	36.5 g
Water	0 g

Recommended accessories



GN container Stainless steel full